

BBQ Ribs100

Number of Servings: 100 (72.6 g per serving)

Amount	Measure	Ingredient
25.00	lb	Pork, ribs, spareribs, brsd
1/2	cup	Vinegar, cider
3 3/4	lb	Ketchup
1.00	cup	Spice, onion, dehyd, minced
1/2	cup	Sugar, brown, packed

Nutrients per serving

Nutrition Facts

Serving Size (73g)
Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat 140**

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 240mg **10%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 16g

Vitamin A 4% • **Vitamin C 4%**

Calcium 4% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Cut bone in ribs into serving sized pieces (4 serving/# raw or 1/4# raw, bone in each).

Roast ribs in oven or boil in water until almost done. Place in baking or roasting pans.

Combine vinegar, ketchup, onion and brown sugar and pour over ribs. 1 Tablespoon smoke flavoring may also be added for every 50 servings.

Cover. Bake for 1 hour at 300-325 degrees F until tender and seasoned.

Serve one piece/serving

1 serving = CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.